

Instructions: Preparation Instructions for Small Bowel Capsule Endoscopy

Date of Procedure:

Time:

Phone: (847) 247-0187

Location: Northshore Center for Gastroenterology

1880 W. Winchester Road Ste. 201
Libertyville, IL 60048

**PLEASE – NO EATING OR DRINKING ANYTHING
AFTER MIDNIGHT**

The Day before your Capsule Endoscopy

1. You may have a regular breakfast and a regular lunch. After lunch, you will start a clear liquid diet. You may have clear liquids until 10:00pm the night before your capsule endoscopy. (**Nothing** to eat or drink after 10:00pm!)

CLEAR LIQUID DIET

Clear liquids include:

- black coffee
 - tea with no milk
 - Soda
 - Gatorade
 - Propel
 - Water
 - Clear juices (apple juice, white grape, white cranberry)
 - Clear broth
 - Popsicles
 - Lemon Jello (no red, blue, or purple flavors).
- You may take your necessary medications with a sip of water the morning of your capsule endoscopy **at least 2 hours before** your scheduled appointment time.

2. Abstain from smoking 24 hours prior to undergoing the capsule endoscopy.
3. Stop taking Carafate, Maalox, Mylanta, Pepto Bismol, and other similar medications 24 hours prior to your procedure.

Stop all iron supplements 7 days before your procedure

The Day of your Capsule Endoscopy

1. Arrive at Northshore Center for Gastroenterology (1880 W Winchester Rd Ste 201) at 8:30AM, wearing loose fitting, two-piece clothing. You will return to our office at 4:30PM to have the DataRecorder removed.
2. At the Endoscopy Center, you will be checked in and asked to give your informed consent. You will also be given a Small Bowel Capsule Endoscopy Diary to fill out and bring back with you when your test is complete.
3. The SensorArray will be applied to your abdomen with adhesive pads, and will be connected to the DataRecorder, which you will wear in a belt around your waist. After that, you will be instructed to swallow the PillCam SB capsule.

After Ingesting the PillCam SB Capsule

1. After ingesting the PillCam SB capsule, do not eat or drink for 4 hours. After 4 hours, you may have a light snack, such as chicken noodle soup or jell-o (non-red). After the examination is completed, you may return to your normal diet. These instructions apply unless the physician specifies otherwise. Contact the office **immediately** at (847) 247-0187 if you suffer from any abdominal pain, nausea, or vomiting during the procedure.
2. Do not lift, stoop, or bend over during the procedure. Also avoid strenuous activity that may make you sweat.
3. While you are wearing the DataRecorder, you will need to verify periodically (about every 30 minutes) that the light on the top of the DataRecorder is blinking twice per second. If it stops blinking at this rate, record the time on your diary and call our office. You should also record the time and nature of any event such as eating, drinking, activity, and unusual sensations.
4. After ingesting the PillCam SB, and until it is excreted, you should not be near any source of powerful electromagnetic fields, such as one created near an MRI device or amateur (ham) radio. Occasionally, some images may be lost due to radio interference. On rare occasions, this may result in the need to repeat the SB Capsule Endoscopy examination. The physician may then advise you to stay within the premises of the Endoscopy Center to prevent this problem from recurring.
5. The Capsule Endoscopy lasts approximately 8 hours. **Do not** disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.